

WARM UP

1 What's the difference between a food processor and a food mixer?

GLOSSARY

- shredding *sminuzzare*
- whisking *sbattere*
- dough *impasto*
- grinding *triturare*
- mashing *schacciare*
- crushing *tritare*

Food mixers vs food processors with recipes

Food processors

Compact compared to mixers, food processors are still very versatile machines. Basic models have a series motor but more expensive ones have induction motors. Models also have a range of attachments for shredding and slicing (some even for chips or julienne); whisking; blending; citrus juicing; mixing dough or grinding. Usually price dictates what comes with them. You feed ingredients through a tube at the top and they are often calibrated for easy measuring. Many models are supplied with a handy storage unit for all the attachments.



Food mixers

Large compared to food processors, food mixers offer even more food preparation capabilities and possibilities. You can still mix away but with a selection of attachments you can prepare fresh pasta, mince meat for sausages and even peel potatoes! Most machines come with a whisk, dough hook and beater as standard, for mixing, mashing and whisking, but you usually need to buy the other tools separately. The attachments are simply locked onto the mixer. You may need to adjust the speed, depending on what you are doing: high speed for crushing ice, or extracting juice; low for making sausages.



ACTIVITIES

READING COMPREHENSION

2 Read the text about food processors and food mixers and answer the questions with FP for food processor, FM for food mixer or B for both.

Which one...

- 1 can be calibrated for easy measuring? _____
- 2 can do more food preparation tasks? _____
- 3 can mix and whisk? _____
- 4 do you feed ingredients through a tube at the top? _____
- 5 do you usually need to buy extra attachments for? _____
- 6 takes up less space? _____

LISTENING

3 2 Sort these sentences into two recipes, one for making butter in a food processor (FP) and one for making bread in a food mixer (FM). Then listen and check your answers.

- a FP After the butter has a uniform consistency and most of the buttermilk is released, rinse it under cold water, taking care not to handle it too much so it doesn't melt.
- b FM Dissolve 2 packs of active yeast in warm water in a warmed mixer bowl and add salt, butter, and 7 cups of all-purpose flour.
- c ___ Divide the dough in half and roll each half into rectangles, which you tightly roll inwards into the shape of a French loaf.
- d ___ Drain off the buttermilk (you can save it for baking or drinking) and then knead out the remaining liquid with a wooden spoon.
- e ___ Knead in a food mixer at speed 2 until the dough is sticky and then leave to rise in a warm place for at least an hour.
- f ___ Now your butter is ready and you can shape it and add salt which extends its shelf life or other aromas such as herbs and garlic.
- g ___ Pour the thick cream into the bowl of a food processor and whip at a moderate speed until butter solids form and buttermilk is released.
- h ___ Put the loaves on greased baking sheets that have been dusted with flour and cover them and allow them to rise in a warm place for a further hour until they are double the size.
- i ___ With a sharp knife, make 4 diagonal cuts on top of each loaf, glaze with the egg whites and bake at about 220°C for 30 minutes, then remove from oven and serve with butter.
- j ___ Wrap it in greaseproof paper or parchment and keep in the fridge for several weeks and in the freezer for up to 9 months.



4 2 Listen again and order the instructions for each recipe.

Procedure to make about 1 kg of butter in a food processor	Procedure to make two French bread sticks in a food mixer
1 <input type="checkbox"/> <i>Pour the thick cream into the bowl and whip...</i>	1 <input type="checkbox"/> _____
2 <input type="checkbox"/> _____	2 <input type="checkbox"/> _____
3 <input checked="" type="checkbox"/> _____	3 <input type="checkbox"/> _____
4 <input type="checkbox"/> _____	4 <input type="checkbox"/> _____
5 <input type="checkbox"/> _____	5 <input type="checkbox"/> _____

WRITING

5 Write a recipe of your own which can be prepared either with a food processor or a food mixer.